

354 Celiac Disease

Area:	Summary of Updates: (Implemented Oct. 1, 2013)																
Definition:	<p>Celiac Disease (CD) is an autoimmune disease triggered by eating gluten (a protein in wheat, rye and barley) resulting in damage to the small intestine and malabsorption of nutrients in food.</p> <p>(No change to assigning Risk 354 – diagnosed by a physician or someone working under a physician)</p>																
Justification:	<ul style="list-style-type: none"> • CD affects 1% of the U.S. population; can occur at any age • Immune system responds to gluten foods by damaging the small intestine lining • Results in malabsorption (iron, calcium and folate) • If damage occurs further down the intestinal tract may have malabsorption of carbohydrates (especially lactose), fat, fat-soluble vitamins, protein and other nutrients • May also affect other parts of the body; increases risk for developing other autoimmune disorders <p>Symptoms may include -</p> <table border="0"> <tr> <td>Chronic diarrhea</td><td>Pale foul-smelling fatty stools</td></tr> <tr> <td>Constipation</td><td>Weight loss, failure to thrive</td></tr> <tr> <td>Vomiting</td><td>Vitamin/mineral deficiencies (anemia, osteoporosis, neurological problems)</td></tr> </table> <p>Continued exposure to gluten may increase risk of -</p> <table border="0"> <tr> <td>Infertility, miscarriage</td><td>fatigue</td></tr> <tr> <td>low birth weight baby, growth failure</td><td>arthritis, bone/joint pain</td></tr> <tr> <td>dental enamel problems</td><td>rashes, canker sores</td></tr> <tr> <td>delayed puberty</td><td>elevated liver enzymes</td></tr> <tr> <td>mood swings, depression</td><td></td></tr> </table> <p>Risk for developing CD is from genetic, immunological and environmental factors. Things that may reduce risk -</p> <ul style="list-style-type: none"> • Introducing small amounts of gluten while breastfeeding; increasing breastfeeding duration • Avoiding early (<4 months age) and late (>7 months age) introduction of gluten <p>The treatment for CD is a gluten-free diet for life. Implications for WIC Nutrition Services -</p> <p>Through participant-centered counseling, WIC staff can (based on participant concerns/interests):</p> <ul style="list-style-type: none"> • For infants at risk for developing CD (family history of CD), if their physician recommends it introduce cereal (wheat, oat, mixed grain) between 4-6 months of age • Promote exclusive breastfeeding until 4-6 months; continued breastfeeding to age 1 or longer • Assist with choosing gluten-free WIC grains (rice, corn tortillas, Rice Chex, infant rice cereal) • Help participants plan nutritionally balanced meals/snacks • Encourage high fiber gluten-free grain selections • Monitor prenatal weight gain; monitor growth in infants/children • Educate participants about gluten-free foods okay to eat and gluten-containing foods to avoid: http://www.celiac.nih.gov/Default.aspx http://www.naspgghan.org/user-assets/Documents/pdf/diseaseInfo/GlutenFreeDietGuide-E.pdf • Provide RD referral 	Chronic diarrhea	Pale foul-smelling fatty stools	Constipation	Weight loss, failure to thrive	Vomiting	Vitamin/mineral deficiencies (anemia, osteoporosis, neurological problems)	Infertility, miscarriage	fatigue	low birth weight baby, growth failure	arthritis, bone/joint pain	dental enamel problems	rashes, canker sores	delayed puberty	elevated liver enzymes	mood swings, depression	
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Clarification:	CD is a unique disorder that is both a food intolerance and an autoimmune disorder (food allergy)																